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Peacock Pride (Ombudsman Publication)

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PEACOCK PRIDE

Official Newsletter of the Naval Postgraduate School Ombudsman
June 2013

Interim President
RADM Jan Tighe

Provost
Dr. Douglas A. Hensler

Chief of Staff
Colonel Zoe M. Hale, USAF

Dean of Students
CAPT Tom MacRae

Command Ombudsman

Kate Brandt

Cell: 831-238-4394

npsombudsman@gmail.com

The command wants family Members, active duty, and staff to have a contact person for just about any questions you may have.

*I am available for
Emergencies
24 Hours and Non-
Emergencies
8 am-9 pm.*

"The future belongs to those who believe in the beauty of their dreams."

—Eleanor Roosevelt

The summer months are a time for vacation, and playing outside. Featured articles include staying safe during the summer and National Safety Month.

We also celebrate our Fathers. A Son's First Hero...A Daughter's First Love.



In this Issue:

- ♦ From the Ombudsman / Important Numbers to Know
- ♦ Ombudsman's Special Call
- ♦ Welcome to the new Provost
- ♦ National Safety Month
- ♦ Celebrating Fatherhood
- ♦ Local Babysitting Resources
- ♦ June Calendar of Events
- ♦ Fleet and Family Support June Classes
- ♦ Military Spouse Owned Businesses
- ♦ Monterey Volunteer and Job Opportunities



WHO IS THE OMBUDSMAN?

Appointed by the Command, Ombudsmen are volunteers and spouses of service members within the command. As an official command representative, the Ombudsman is a point of contact for all family members connected to the command - including spouses, parents, and extended family members.



As an Ombudsman, I am bound by a strict code of ethics and Confidentiality. ONLY the following topics will be communicated to the Command. ALL other topics will remain CONFIDENTIAL: All suspected or known situations of child abuse or neglect; Alleged domestic abuse; Suspected or potential homicide, violence or life endangering situations; All suspected or known suicide risks; Any activity that is suspected or known to be criminal; Any severe financial issues.

Ombudsmen maintain current resource files with information on military and civilian community agencies that can help families solve a variety of problems, and successfully meet the challenges they face before, during, and after deployments. In addition to providing referral information, Ombudsmen can facilitate communication between the Command and family members. Ombudsmen may publish or contribute to command newsletters. Ombudsmen can also assist families in contacting the Command for a variety of reasons.

FROM THE OMBUDSMAN.....

Dear Families,

First, I want to thank all the service members for keeping us safe. I second want to thank the families for adjusting their everyday lives to support their spouses when called upon to serve.

As always, I am here for you and your families. If you have heard of any military or family programs and would like more information, or you have a question or concern about *anything*, please feel free to contact me at **831-238-4394 or npsombudsman@gmail.com**. Contact me and I will help you find the answers to your questions or concerns.

If it is important to you, it is important to me.

Kate Brandt
NPS Command Ombudsman



Emergency Numbers

NPS Police 831- 656-2555

NPS Quarterdeck 831-656-2441

Police - Monterey 831-646-3914

Red Cross

(831) 424-4824 (Salinas)

(831) 624-6921 (Carmel)

<http://www.redcross.org>

Military One Source

Available 24/7

1-800-342-9647

www.militaryonesource.com

DEERS

1-800-538-9552

Fleet Family Support Center

831-656-3060

TRICARE DENTAL PROGRAM

<http://www.tricare.mil/Dental/TDP.aspx>

TRICARE

<https://www.tricare.mil>

Navy SAFE HARBOR:

1-877-746-8563

safeharbor@navy.mil

www.safeharbor.navy.mil

Chaplain Office

831-656-2241

tpHall@nps.edu

NPS Homepage

www.nps.edu

ID Card Office

(831) 656-3477 or

(831) 656-1174

PSD Office

(831) 656-1847/ 48

Dear NPS Families,

Firstly I want to thank you for always supporting our service members. Without your support, their continuous success would not be possible. Your efforts and sacrifices are always appreciated.

Secondly, I am writing to ask for volunteers to serve in the position of the Naval Postgraduate School Command Ombudsman. For over 40 years, the Navy Ombudsman Program has aimed to improve mission readiness through family readiness, mostly through execution at the command level. The Ombudsman serves as a vital asset in support the command mission by providing communication, outreach, resource/referral, information and advocacy. The Ombudsman serves two roles: as a liaison between the command and the families; and as trained Information and referral specialist for our families.

The Ombudsman must be a volunteer who is a spouse of an active duty of this (NPS) Command and able to represent both the command and the families impartially. The role of the Ombudsman is a unique opportunity for a military spouse to expand his/her knowledge, experience and competencies while helping the command meet its mission and its family members successfully navigate the challenges of military life.

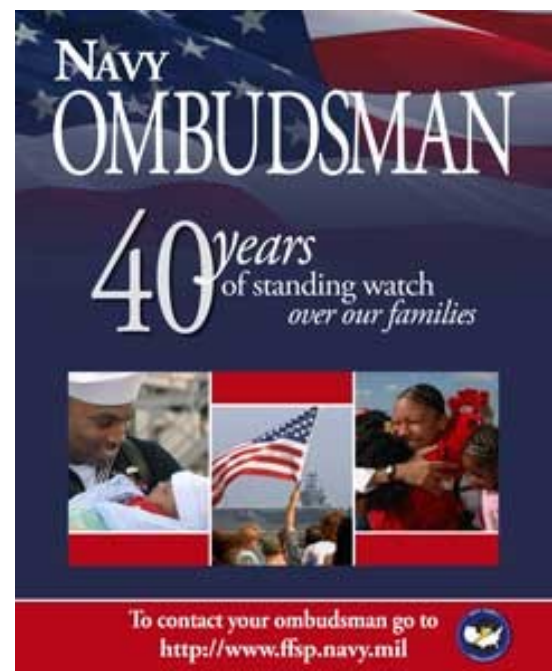
Please consider this unique opportunity to volunteer for the NPS Command Ombudsman. If you have any questions about what the position entails, please let me know. I can provide a copy of OPNAVIST 1750.1G, which is the Navy's instruction for the Ombudsman Program. Also, the command will provide all required training and administrative support to you once appointed.

It has been my great honor to serve as your Ombudsman and I will be sad to leave when we PCS in a few months.

Please let me know if this is something you think you might like to do. I look forward to hearing from you soon.

Best Regards,

Kate Brandt
NPS Command Ombudsman





University Welcomes New Provost to Campus

Dr. Douglas A. Hensler, pictured in front of Herrmann Hall, began his tenure as the 14th provost of the Naval Postgraduate School on Monday, June 3. Hensler joins NPS following five years as dean of the W. Frank Barton School of Business at Wichita State University, and a lengthy career in both academia and industry.

Hensler hit the ground running with a packed schedule of commitments during his first full day on the job, but noted he has been eager to get started since accepting the position in April.

"I have been looking forward to this day for some time," Hensler said. "The Naval Postgraduate School has an outstanding academic reputation, and in combination with its mission to the Navy and Department of Defense, the university is truly a critical asset for our national security. Serving as Provost for this institution is a true honor for me professionally, and a wonderful opportunity for my family."

Secretary of the Navy Ray Mabus announced Hensler's selection in mid-April following a diligent search led by the NPS Provost Search Committee.

"For more than a century, the Naval Postgraduate School has provided high-quality, relevant and unique advanced education and research opportunities," Mabus noted in a statement announcing Hensler's selection. "I appreciate Admiral Tighe's leadership during this time of transition and welcome Dr. Hensler as we begin the next chapter in this storied institution's history."

(story contributed by NPS PAO)



Here are the links to the local community summer camps being offered this year!

<http://www.montereycountyweekly.com/news/2013/mar/28/monterey-county-weekly-summer-camp-guide-2013/>

<http://www.monterey.org/en-us/departments/montereyrecreation/youthcamps.aspx>

<http://www.stevensonschool.org/summer/index.aspx>

<http://campsealab.org/>

<http://www.montereyart.org/press-releases/lego-summer-camps-offered-at-the-monterey-museum-of-art/>

http://www.mprpd.org/files/mprpd/MPRPD_Activities_Guides/LGO_SprSum_2013.pdf

Go on and get outside!!!

NATIONAL SAFETY MONTH 2023

Summer is here, and you're probably looking forward to the family barbeque, a trip to the beach, or that get-together with friends over a holiday weekend. With the long days and warmer weather, summer is the perfect season to spend time with loved ones. If your party plans include the consumption of alcoholic beverages, however, you should carefully consider the safety risks of mixing summer fun with even one drink.

Whether you're boating, swimming, water skiing, driving, hiking, rollerblading or just lounging by the pool, alcohol poses a major threat to safety. Studies show that a single drink can impact your ability to observe and react, two critically important skills in the event of an emergency. In addition, many summer activities require high levels of coordination and balance, so your favorite pastime may become especially dangerous after a drink or two. Since you're less able to help someone else who's been injured and more likely to hurt yourself, alcohol poses a major threat to summer safety for people of all ages. Here are some activities that are safer and even more fun when participants are alcohol-free:

Boating

Like driving a car, boating requires coordination, concentration and attention to safety. A Coast Guard study estimates that boat operators with a blood alcohol concentration above .10 percent are about 10 times more likely to be killed in a boating accident than boat operators with zero blood alcohol concentration. The U.S. Coast Guard also reports that alcohol is a major factor in approximately 50 percent to 70 percent of all recreational boating fatalities nationwide. Ironically, many people who would never consider driving under the influence of alcohol are willing to operate a boat after a few drinks. Safety and sobriety are important both on and off the water, so boaters should remember that alcohol impairs balance, vision and judgment. Most states consider a boat operator legally impaired with a blood alcohol content (BAC) of .08 percent, a level usually reached after 3 or more drinks within one hour. New research, however, indicates that a BAC as low as .03 to .05 can still result in the loss of skills essential to safe boating.

Swimming

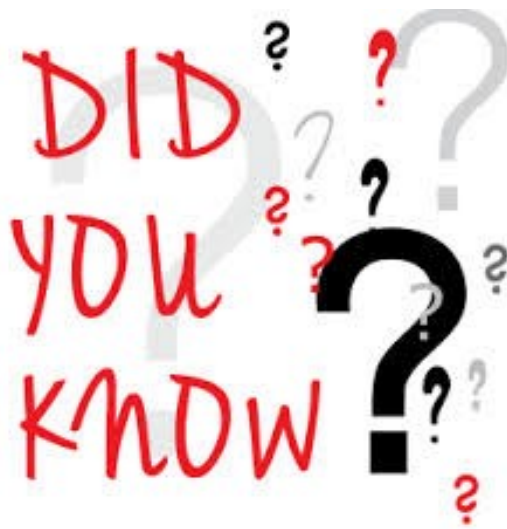
Since alcohol directly affects the brain, drinking and swimming (or drinking while supervising children who are swimming) is a potentially deadly combination. Drowning is the second leading cause of death from unintentional injury among Americans ages one to fourteen. Approximately 3,443 people in the U.S. died from unintentional drowning in 2007. Children aren't the only ones at risk—alcohol is involved in twenty-five percent to fifty percent of water-related adult deaths, according to the U.S. Centers for Disease Control and Prevention. Alcohol is also frequently involved in diving accidents, where misjudging distance can have disastrous consequences.

The great outdoors

If you enjoy hiking, walking, bicycling, or other outdoor physical activities, the combination of alcohol and summer sun can easily lead to dehydration. Alcoholic beverages increase urine output and therefore reduce essential fluid levels. Your body needs water to regulate its temperature, remove waste and transport nutrients, but combining physical exertion and alcohol consumption will usually result in dehydration. Symptoms include thirst, weakness, anxiety and even fainting; severe dehydration may induce collapse or even death. Under the influence of alcohol, however, you may remain dangerously unaware of these symptoms.

Before you head for the beach, the pool, the park or the campground, give some thought to summer safety. When you decide to consume alcohol, the possibility of accident or injury increases dramatically. This summer, weigh the risks and choose responsibly.





Preventing Slips, Trips and Falls

Falls are by far the leading unintentional injury accounting for more than 8.7 million emergency room visits each year in the United States. (NSC Injury Facts) One in every three adults age 65 and older falls each year. (CDC)

Most falls are preventable. Many people attribute falls to being clumsy or not paying attention, but many risk factors exist. Risk factors include physical hazards in the environment, age-related issues and health conditions. Reduce your risk and find fall hazards in your workplace and home to prevent injuries and keep others safe round the clock.

Remove common fall hazards:

- ♦ Keep floors and stairs clean and clear of clutter
- ♦ Maintain good lighting both indoors and on outdoor walkways
- ♦ Secure electrical and phone cords out of traffic areas
- ♦ Use non-skid throw rugs in potentially slippery places, like bathrooms
- ♦ Install handrails on stairways, including porches
- ♦ Use a sturdy step stool when climbing or reaching for high places
- ♦ Clean up all spills immediately
- ♦ Wear sensible footwear
- ♦ Never stand on a chair, table or surface on wheels
- ♦ Arrange furniture to provide open pathways to walk through
- ♦ Periodically, check the condition of outdoor walkways and steps and repair as necessary
- ♦ Remove fallen leaves or snow from outdoor walkways
- ♦ Be aware that alcohol or other drugs, including prescription and over-the-counter medicine, can affect your balance and increase risk of falling

Exceptional Family Member Program Presents

SUPPORT GROUP

The Support Group meets the second Thursday of every month from 6–8 p.m. in the Army Community Service Gold Room. Free Childcare provided by Aptitude Habilitation Services until 8 p.m.

The evenings agenda includes:

Introductions 6:00–6:15 p.m. • **Presentations** 6:15–7:15 p.m.

Facilitated Support Group 7:15–8:00 p.m. • **Social** 8:00–Close

PRESENTATIONS		
SPEAKER	ORGANIZATION	DATE
Jennifer D'Attilio	Central Coast Language, Learning Inc., and Avalon	May 9th
Ilene Allinger Candreva & Dierdre Hickey Strum	Special Kids Crusade ISK Presentation	June 13th
M.J. Viglizzo & Alethea Leandro-Farr	Salinas Circle for Children	August 8th
Natalie Sanders	TheraSens Pediatric and Rehab Center	September 12th
EFMP	Health Q&A	October 10th
Dr. Douglas Hulstedt	Primary Care Manager/ Pediatrician	November 14th
NA	Holiday Event Bring a dish	December 12th
ACTIVITIES		
ACTIVITY	LOCATION	DATE/TIME
*Horses, Hope & Kids	220 J San Benancio Rd Salinas, Ca 93908	1st Saturday each month, 10:00 a.m.–12:00 p.m.
Women's Group Volunteer Meeting	Lala's Grill	1st Tuesday, Monthly 7:00–9:00 p.m.
Men's Group Volunteer Meeting	Chili's Monterey	4th Thursday, Monthly 6:00–7:30 p.m.
Library Visit (Split ages 2–5 & 6–12)	Monterey Public Library	May 11th 10:30–11:30 a.m.
Craft With Kids (60 child limit)	Gold Room ACS	June 15th • 1–3:00 p.m. Open to all
Oceans Miniature Golf (50 person limit)	125 Ocean View Blvd, PG (Registration Required)	August 3rd
Water City (60 child limit)	2800 Second Ave, Marina (Registration Required)	September 13th



* Must be enrolled in EFMP and pre-registered with the EFMP office for slot allocations. Events and times subject to change. Call before the event for the latest information.

For more information please contact Linda Moseley at 242-7960 or 242-7660
Visit us online at www.pom-fmwr.com/EFMP or www.facebook.com/presidioEFMP

FALL-PROOF YOUR HOME

In 2009, 16,900 individuals died due to fall-related injuries in their homes. Your home may be filled with fall hazards, so take a look around every room. There are easy preventative measures you can take to prevent falls and eliminate hazards.

Bedroom

- Place a lamp and telephone close to your bed where they are easy to reach.
- Sleep on a bed that is easy to get in and out of.
- Arrange clothes in your closet so they are easy to reach.
- Put in a night-light so you can see where you're walking after dark.

Living areas

- Arrange furniture so you have clear pathways.
- Remove area or throw rugs or use non-slip backing tape so the rugs will not slip.
- Keep electrical and telephone cords out of walkways.
- Do not sit on a chair or sofa that is too low and makes it difficult for you to stand up.
- Install light switches at the entrances to rooms so you do not have to walk into a dark room to turn on a light.
- Remove papers, boxes, books, clothes, shoes and all clutter from pathways.

Bathroom

- Place a slip-resistant rug adjacent to the bathtub for safe exit and entry.
- Use a non-slip rubber mat or non-skid adhesive textured strips on the floor of your tub or shower.
- Install grab bars for support inside the tub and next to the toilet.
- Replace glass shower enclosures with non-shattering material.

Kitchen

- Never stand on chairs or boxes to reach upper cabinets or shelves. If you must use a step stool, use one with a bar to hold on to.
- Store food, dishes and cooking equipment within easy reach. Move items on high shelves to cabinets, lower shelves or countertops.
- Immediately clean up any liquids or food spilled on the floor.

Stairs and steps

- Always keep all objects off stairs.
- Fix any loose, uneven or broken steps.
- Provide enough light to see each stair and the top and bottom landings.
- Make sure all carpeting is firmly attached to every step or remove the carpet and attach non-slip rubber treads.
- Make sure handrails are on both sides of the stairs and fix them if they become loose.



LIFE LESSONS

Looking for some new ideas for having fun with your son? Here are some ideas for some quality father-son bonding. And, every child is different - so take our basic ideas and use them to come up with what fits the personality/interest of *your* son.

1. **Play A Sport Together.** Help your son practice for his next game by breaking out a ball and bat, or teach him a sport you've always loved. Be sure to affirm him and let him know how well he is doing.
2. **Watch the Game Together.** It's a simple way to get some quality time together. Suit up in your jerseys, caps, and t-shirts, and hoot and holler at the TV. Along the way, teach him some of the finer points of the game or share stories from your athletic glory days.
3. **Teach Him Skills.** As Napoleon Dynamite says, "Girls like guys with skills." All jokes aside, give your son a skill you feel that it is important for every man to know. Teach him how to change the oil in a car or how to repair a flat; take him fishing and teach him the finer points of baiting a hook; grill the perfect burger together; or tackle a home improvement project together.
4. **Chow Down.** Take your son out for ice cream, burgers, or your favorite food and just spend some time shootin' the breeze!



Looking for some new ideas for having fun with your daughter? Get our ideas for spending time with your little girl - even if she's not that little anymore. And, every child is different - so take our basic ideas and use them to come up with what fits the personality/interest of *your* daughter.

1. **Go on a Date.** "Dating" your daughter is the best way to show her how she should be treated by other men, and to give her a firm foundation for healthy relationships with men later in life. Do dinner and a movie, take her to a local event, or try a new restaurant together.
2. **Enjoy a Hobby with Her .** Bake cookies together or have her teach you how to make a necklace for your wife. Does she like to sing? Break out your guitar and have a jam session.
3. **Go Shopping.** Yes, that's right, we said it. Probably not your favorite, but if it's a good way to spend time with your daughter, that's what's important, right? Take her for something specific she's been wanting - a new pair of earrings, a new purse, a cute sweater. It may not be your idea of a fun afternoon, but remember, it's important to your daughter.
4. **Let Her Do Something for You.** A lot of girls enjoy cooking or baking, or other crafts that produce an end product. Let her bake you cookies and then praise her for how good they are, or ask her to make you one of her special pictures or drawings. She'll feel honored.

Sound like things you already do? That's the point. Time together doesn't have to be elaborate - just be intentional about the time you spend with your son or daughter and build a relationship with them that will allow you to speak wisdom into their lives for years to come while providing memories you all will always be able to share for a lifetime.

25 Tips For Being a Great Dad

The following is a post from RPC Patrick Mondragon, US Navy, recipient of NFI's 2013 Military Fatherhood Award.

1. **Try to eat dinner together as a family as often as possible.** I always try to make sure that I'm home by dinner and we all eat together, almost always. There are occasions where I'll have to work late, but we try not to make that a norm. And when we eat dinner, we turn off the television and spend good quality time talking about our days.
2. **Take at least one day off from work each month.** Use this day to take and pick up your kids from school. You can also use the time while your kids are in school as a date-day for you and your wife. See a movie, have lunch together, go shopping, etc.
3. **Take at least one family vacation each year.** It doesn't have to be elaborate, but more deliberate. Be faithful about this.
4. **Spend one-on-one time with your kids.** Have a Father-Son day, or Father-Daughter day. Try to get each child one-on-one though. This allows you to learn more about your children, allows them to open up to you, and makes them feel special.
5. **Turn chores into family time.** Let your kids help you wash your car, take them on errand trips to go pick up your dry cleaning or get groceries. Involve them in the process.
6. **Get Outdoors.** Do fun things outdoors. Take the family camping, go swimming, play sports or go for a bike ride.
7. **Make sure you deposit enough into the "family bank account."** I'm not talking about money, although that helps too. What I'm talking about is the emotional bank account. We all know that being in the military means deployments and time away from our families. This is what I call making a "withdrawal" because it takes away from the family. These withdrawals are often unavoidable and there is nothing we can do about them. We can, however, make plenty of deposits so that we don't end up in the negative. By deposits, I mean spending quality time with the family, telling them you love them, leaving them sticky notes, taking your kids to school, spending quality time with your spouse. You never want to be in the negative, but rather the positive.
8. **Make time for your spouse.** This is so important because if you and your spouse are not in sync and are not truly happy, your children will definitely notice. Don't think you can keep it from them, they notice everything! They are so observant. It's important to make investments for your spouse as well, and get quality time with your husband/wife. Have a mini vacation, attend a marriage enrichment retreat together, go away for the weekend and arrange for someone you know and trust to watch your children. This will pay dividends in your marriage and will keep the love alive.
9. **Give plenty of encouragement to your children.** Assure them they are doing well, compliment them when they do something right, reward them when they deserve it. Make them feel special, appreciated and important. This also builds their sense of security and confidence.
10. **Laugh often.** Tell funny jokes, tickle your kids, play fun games or sports. Don't be so serious all the time. Of course, there is a time and place for everything, but by having a sense of humor and laughing often, you help your kids feel secure. This also helps them develop many things like sense of humor, gift of gab, public speaking and more.
11. **Take your kids to work.** Try this at least once. Let them visually see where you work and what you do. Give them a tour of your base, including your office. Introduce them to fellow employees. This helps your children understand what exactly it is that mommy or daddy does during the day.
12. **Be involved.** Know when your daughter has a report due, how they did at tennis practice, which of their friends made them upset or hurt their feelings that day, how they like their teacher, etc. Be active in their school.
13. **Attend Important Events.** Examples would be your kids Open House night, school field trip, back to school picnic, award ceremonies where they are recognized, first day of school, speech or spelling contest, school sport championships or big games. The list could go on, but I think you get the idea.
14. **Read a bedtime story to your kids.** Now I understand that there is a time limit for this, and you probably won't be reading them bedtime stories after they are 11 or 12 years old. But when they are young this is so important. For one, it's great bonding time. For two, it makes them feel special. Three, it's a great way to end the evening and four, it develops their reading skills and can make them enjoy reading. As your kids grow older, instead of reading them books, you can spend 5-10 minutes talking with them before they go to bed. Lay in bed with them for a bit. Ask them about their day.
15. **Learn together.** Take your kids to museums, historical landmarks, nature centers, zoos and more. Make it a point to learn one or two new facts about something you didn't know before.



25 Tips...Cont

16. **Make videos for your kids.** This is mainly for when you dads are deployed. Make a few recordings even before you leave on deployment. For example, if you know that you are going to be deployed over Christmas, or Easter, or your kids birthday, make a video recording for this special event deployed. If you really want to get the full-circle effect, have your wife videotape the kids watching your video, and then send that back to you. Then you can see their reactions to your recordings. We did this when I was deployed on the ship, and it was so rewarding.
17. **Tell your family you love them.** Do this often! And don't stop there by just telling them, SHOW THEM as well!
18. **Randomly buy something for them.** This is fun and they will love it. It doesn't have to be something expensive. My son Adam loves paper airplanes and things that fly through the air. The other day while taking them to the Flying Leatherneck Museum at MCAS Miramar, I saw these cool flyers where you spin them in the air and watch them fly. They were only \$3 each, so I got one for each child. My daughter loves flavored chapstick, so sometimes I'll go to the store and pick out a few new fun flavors for her, like Dr. Pepper, or Orange Cream. She loves that. She also loves to write, so while at the Dollar Store, I found a journal and some cool pens, and brought those back for her. She loved that as well.
19. **Read the "Five Love Languages" and "Five Love Languages for Kids".** These books are a great investment and help you learn the "language" of both your spouse and your kids. Everybody has a different love language. What is your kids love language? As a matter of fact, most military Chaplains order these books, or can order them through the command supply system, and then you won't even have to pay for them. I know that we keep several copies of this great book at my command.
20. **Make fun traditions for your family.** A few years back, I started this cool Christmas tradition in my family that was never done when I was little. We call it the 25 days of Christmas activities. I make a Christmas activity calendar and have my kids help me. We pick out something to do every day from December 1st all the way up to Christmas Day. I like to incorporate activities and sight-seeing. Some of our favorites are making marshmallow snowmen, something I call the pillow surprise where I place a little present under their pillow, watch a Christmas movie with popcorn, hot cocoa by the fire, drive around looking at Christmas lights, listen to Christmas music while decorating the tree and more. This is so fun and our family really enjoys it. Another fun tradition we have is to have breakfast for dinner at least once per month. We will make waffles, bacon, pancakes with whip cream and all their favorite toppings, etc. Also, usually once a month we will let the kids each pick out what they want for dinner that night and will make it for them. My daughter loves sushi, so I'll buy her some sushi. My son loves macaroni and cheese so I'll make that for him.
21. **Play board games.** These are great family-time things. My kids love monopoly. We like to make popcorn or have cookies and milk while we sit around the living room. We'll have like a mini indoor picnic while we play. I'll even get out my iPhone and put on music so we can jam out while playing. They love to do this. Recently, we bought the Monopoly City WII game. That's really fun.
22. **Practice your faith.** That old saying "A family that prays together, stays together" is still true today. Teach your kids how to pray, say grace before a meal, teach them about the bible. I realize this may not be for everyone, but for those who have a faith, practice it. What better way to build values in your children which they in turn will model for their future families some day.
23. **Teach/Model Etiquette.** I always make it a point to open the car door for my wife so that my kids can see what a gentleman should do. I also open the car door for my daughter Olivia, and then I tell her that a real man/gentlemen should do the same for her as well. I teach my son Adam by asking him to help me open the doors for my wife and daughter when we go to restaurants or to stores. Then both of them learn. We practice etiquette by asking one another politely to "please pass the salt or napkins". We have them each put their own plates in the sink, they ask to be excused from the table and they make sure that everyone has a napkin before we eat.
24. **Let your kids plan out their day.** Some weekends I'll have both of my kids make a list of the top three things they want to do that day. Then we will compile the list, and start from the top. It doesn't have to be elaborate or expensive either. For example, the other weekend when we did this: my son Adam's top three things were to draw together, play monopoly and go for a bike ride. My daughter Olivia's was to play tag, watch a movie with popcorn and make homemade pizza for dinner. It was a busy but fun-packed day and we did all of those things. While I did this with the kids, my wife was able to go out and get a mani/pedi and have some nice "alone" time. This gave her a much-needed break and everyone had a good day. Then at the end, we all came together for dinner.
25. **Plan surprise events.** This is a great way to switch things up. Fortunately, we live in San Diego where there are tons of things to do and places to go. Every once in awhile, we will surprise our kids by taking them somewhere fun. When they wake up in the morning, we'll tell them "hurry up and get ready, we are going to Sea World." They get so excited and it makes for such a fun day.

Well, that was my list of "Tips" for being a great dad, and how to maximize time with your family whenever you can. I hope you enjoyed reading these. Even more, my hope is that you might incorporate some of these things into your family routine. Take care and "GO GET EM DADS!"



Local Babysitting Resources

La Mesa Babysitting Coop
POC Carah Tabar carahtabar@gmail.com

Babysitters Exchange (Facebook Page)
<https://www.facebook.com/groups/387982454548659/>

Fort Ord Babysitting Trade (Facebook Page)
<https://www.facebook.com/groups/354374547927290/>

Military SitterCity
www.sittercity.com/Military



Calendar of Events

June 2013

Sun Mon Tue Wed Thu Fri Sat

						1 MBOSC Bargain Fair 9-12 pm
2	3 Story time @ Chamberlain Library - 1030am (weekly)	4 Monterey Farmers Market 3-5 pm (Weekly)	5 Baby/Toddler Storytime @ Harrison Library 1000am (weekly)	6 Monterey Library Toddler Storytime (3-5 y/o) 1015 am (weekly)	7 MPC Farmers Market 10-2pm(weekly) Monterey Wine Fest 4-8pm	8 Military Appreciation Day @ Del Monte Ctr 10-2pm
9 Del Monte Farmers Market 8-12pm (weekly)	10 PG Farmers Market - 4-6pm (Weekly)	11 Carmel Farmers Market (weekly May–Sept) 9-1pm	12 PG Library Preschool Storytime (2-5 y/o) 1100am (Weekly)	13 Monterey Library Pre- school Storytime (18m–3yrs) 1100am (Weekly)	14 Daddy/Daughter Dance 6-9pm ARMY BIRTHDAY	15 Monterey Beer Fest County Fairgrounds 12-5pm
16 Marina Farmers Market 10-2pm (weekly) FATHER'S DAY	17	18	19 PG Library Afterschool Storytime (3-8 y/o) 345 pm (weekly)	20	21	22 Aptos Farmers Market 8-12pm (weekly)
23 Sunday Music BBQ @ Big Sur River Inn Apr–Oct 1130am	24	25	26	27	28	29
30						

Event links can be found at:

<http://www.navylifesw.com/monterey/wp-content/peacockpress/peacockpress.pdf>

<http://www.mbaykids.com/happenings.asp>

<http://www.montereycountyweekly.com/events/>

FFSC Workshops *Classes are free of charge. Space is limited. Please call ahead of time to reserve a spot. All classes are held at the FFSC- La Mesa Housing Community, 1280 Leahy Road, unless otherwise indicated. **Childcare is available but must be arranged no later than 5 days prior to*

Available by appointment:

- Resume and Federal Application Review
- Family Employment Readiness Program
- Individual Relocation Counseling
- Individual Financial Counseling
- Individuals, Couples & Family Counseling

FAMILY & LIFESKILLS
Couples Communication
 Mon, Jun 10, 3:30-5 pm

Military Basics for New Spouses
 Mon, Jun 10, 10-11:30 am

Suicide Prevention Awareness
 Tue, Jun 4, 10-11:30 am

Stress Management Techniques
 Thu, Jun 20, 10-11:30 am

Responsible Anger Management
 Thu, Jun 13, 10-11:30 am

EMPLOYMENT
Interviewing Skills
 Thu, Jun 6, 4-6 pm

Resume Writing
 Thu, Jun 20, 4-6 pm

FINANCIAL MANAGEMENT

Million-Dollar Sailor
 Saturdays, 8 am-4 pm

Car Buying Strategies (New/Used)
 Tue, Jun 25, 10 am-Noon

Credit Management
 Wed, Jun 5, 1-3 pm

Investment and Savings
 Wed, Jun 12, 1-3 pm

RELOCATION

Smart Move (Transferring/PCS)
 Wed, Jun 19 10-11:30 am

Post-Deployment Return & Reunion
 Fri, Jun 28, 1-3 pm

IA Spouse Discussion/Support Group Meeting
 Wed, Jun 12, 11 am-Noon

Transition GPS (Goals, Plans Success) Workshop (AKA "TAP" Workshop)
 Mon-Fri, Jun 17-21, 9 am-5 pm

COMMAND SPECIFIC PROGRAMS **SEXUAL ASSAULT/ DOMESTIC VIOLENCE**

SAPR Victim Advocate Refresher Training
 Fri, Jun 14, 8 am-Noon

SAPR Victim Advocate Initial Training
 Mon-Fri, Jun 24-28, 8 am-4 pm

For Command Appointed Personnel (available upon request)

- SAPR POC Training
- SAPR Liaison Training
- SAPR DCC Training
- Sponsor Training
- Ombudsman Training
- New Parent Support Home Visitor



Military Spouse - Owned Businesses

If you have a business you would like to see on here, please email me at npsombudsman@gmail.com. I will only know about your business if you notify me, and I only ask that you let me know when you PCS so we can keep our business listing up-to-date.

HEALTH CARE and BEAUTY

Hair by Tina - Tina Young

912-674-1558

[Hair by Tina](#)

Body by Vi Challenge/ViSalus - Jessica Bryant

www.jessmbryant.bodybyvi.com/

Hair Doctor - Rachel Van Duran

[The Hair Doctor](#)

Rodan + Fields Skin Care Line - Andrea Steinbrenner

andreasteinbrenner.myrandf.com

andrea.steinbrenner@gmail.com

314.304.3478

Renovo Pilates - Meg Sullivan

Master Pilates Instructor + Owner

www.renovopilates.com

Meghan Milliron - Certified Massage Therapist

thewholeathlete.massagetherapy.com

253-279-9409

Mary Kay Consultants

Dwan Barker Muehling

<http://www.marykay.com/dmuehling>

Alicia Wampler

<http://www.marykay.com/awampler2>

IT Works

Jennifer James <http://JJJames.myitworks.com/>

JEWELRY

Stella and Dot Independent Stylist - Jennifer Urban

<http://www.stelladot.com/urban>

910.650.2441

jenniferurban@yahoo.com

Lia Sophia - Elizabeth Bosse

334-355-8573

www.liasophia.com/elizabethbosse

What I love Today Headbands & Jewelry

Designs by Rachel Renae Smith

<https://www.facebook.com/WhatILoveToday>

Sterling Designs by Rae - Rachel Bloodworth

Www.facebook.com/sterlingdesignsbyRae

Independent Nomades Consultant - Amber Parkes

808-375-0634

www.amberischarming@gmail.com

www.nomadescollection.com/amberparkes

[Amber Parkes Independent Nomades Consultant](#)

PHOTOGRAPHY

Erin White Photography

Erin@erinslens.com

R Hess Photography - Rhonda Hess

rmhess@hotmail.com

831-663-6519

Candids & Colors Photography - Desiree Badayos Chaves

candidsandcolorsphotography@yahoo.com

509-306-9060

GIFTS

Creative Memories - Tami Cripe

Www.mycmsite.com/tamicripe

Grunty Baby Boutique - Tamyr Mendez-Whipple

www.gruntybaby.com

www.facebook.com/GruntyBaby

info@gruntybaby.com

831-288-BABY

FOOD

Choffy Brewed Chocolate - Joy Wilson

<http://drinkchoffy.com/joy>

joyful704@gmail.com

831-521-8709

Pampered.Chef Consultant - Jennifer Baker

Jenbaker00@gmail.com

Www.pamperedchef.biz/jenbaker

254.630.3180

Karri's Cupcakes - Karri Ameche

karriscupcakes@hotmail.com

619-316-3619

SCENTSY Independent Consultants

Caroline Lanclos www.carolinelanclos.scentsy.us

Andrea Dillard www.andreadillard.scentsy.us

Jennie Marick Gutierrez www.scentsational.scentsy.us

Cindy Vilardi www.cindyvilardi.scentsy.us

Elizabeth McMullen <https://lizmcmullen.scentsy.us>

THIRTY-ONE GIFTS

JC Jones www.mythirtyone.com/jcjones

Sarah Colton www.mythirtyone.com/sarahcolton

Give Military Spouses who own businesses the support that they deserve!

Monterey Volunteer and Job Opportunities

MBOSC is looking for Volunteers to help with this month's Bargain Fair!!!

If you help volunteer on either Friday June 7th or Saturday June 8th, you don't have to pay the \$5 to shop early (what a deal!).

Friday's tasks include: setting up the caution tape, marking all the parking spots in chalk, hanging up signs, and putting all the snacks, tables, and supplies in our storage room (the Billiards Room).

Saturday we will need most of the volunteers to be there no later than 5:30 am as the first set of vendors will arrive at before 6 and I'll need to go through rundown about your job. (Note: if you would like a detailed explanation of your job, please arrive earlier (we'll be there at 5) or stop by on Friday during set up and we can go over everything with you.) Below is a list of tasks and their time frames. We will be asking those whose jobs end around 8:15 but can stay until 9 to help with crowd control, security, and checking for vendor badges. Also, we really need one volunteer that speaks Spanish to help with the early bird admission shoppers. Please choose what you'd like to do and I'll mark you down. Friday and Saturday we will be at the La Mesa Community Center Parking Lot.

Lastly, we are looking for some big coolers to keep our drinks and snacks cold. We'll provide the ice if you have one or two we can borrow! (If you will leave before noon, then I will make sure it gets returned to you shortly after the fair.) Thanks!!